

USDA National Nutrient Database for Standard Reference, Release 21

Vitamin C, total ascorbic acid (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	293.7
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	248.0
09250	Peaches, frozen, sliced, sweetened	250	1 cup	235.5
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	232.6
11821	Peppers, sweet, red, raw	149	1 cup	190.3
09226	Papayas, raw	304	1 papaya	187.9
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	187.5
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	179.5
11821	Peppers, sweet, red, raw	119	1 pepper	152.0
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	136.5
09206	Orange juice, raw	248	1 cup	124.0
11333	Peppers, sweet, green, raw	149	1 cup	119.8
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	115.0
11670	Peppers, hot chili, green, raw	45	1 pepper	109.1
14242	Cranberry juice cocktail, bottled	253	8 fl oz	107.0
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	105.6
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	101.2
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	101.2
09316	Strawberries, raw	166	1 cup	97.6
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	96.9
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	96.7
09200	Oranges, raw, all commercial varieties	180	1 cup	95.8
11333	Peppers, sweet, green, raw	119	1 pepper	95.7
09404	Grapefruit juice, pink, raw	247	1 cup	93.9
09128	Grapefruit juice, white, raw	247	1 cup	93.9
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	89.1
09226	Papayas, raw	140	1 cup	86.5
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	83.2
09209	Orange juice, chilled, includes from concentrate	249	1 cup	81.9
14277	Grape drink, canned	250	8 fl oz	78.5
11090	Broccoli, raw	88	1 cup	78.5
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	76.6
09207	Orange juice, canned, unsweetened	249	1 cup	74.9
09266	Pineapple, raw, all varieties	155	1 cup	74.1
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	73.8
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	73.4
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	72.1
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	70.8
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	70.5
09200	Oranges, raw, all commercial varieties	131	1 orange	69.7
11512	Sweet potato, canned, vacuum pack	255	1 cup	67.3
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	67.3
11578	Vegetable juice cocktail, canned	242	1 cup	67.0
11819	Peppers, hot chili, red, raw	45	1 pepper	64.7
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	61.2
09153	Lemon juice, canned or bottled	244	1 cup	60.5

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08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	60.0
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	60.0
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	60.0
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	59.8
09181	Melons, cantaloupe, raw	160	1 cup	58.7
22402	Beef Macaroni, frozen entree	240	1 package	58.1
11546	Tomato products, canned, paste, without salt added	262	1 cup	57.4
09176	Mangos, raw	207	1 mango	57.3
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	56.3
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	56.3
14341	Pineapple and orange juice drink, canned	250	8 fl oz	56.3
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	54.9
09223	Tangerine juice, canned, sweetened	249	1 cup	54.8
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	54.1
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	53.3
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	49.9
11135	Cauliflower, raw	100	1 cup	46.4
09176	Mangos, raw	165	1 cup	45.7
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	44.9
11540	Tomato juice, canned, with salt added	243	1 cup	44.5
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	44.2
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	43.9
09206	Orange juice, raw	86	juice from 1 orange	43.0
09306	Raspberries, frozen, red, sweetened	250	1 cup	41.3
11112	Cabbage, red, raw	70	1 cup	39.9
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	39.5
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	39.3
11159	Coleslaw, home-prepared	120	1 cup	39.2
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	38.4
12167	Nuts, chestnuts, european, roasted	143	1 cup	37.2
09060	Carambola, (starfruit), raw	108	1 cup	37.2
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	35.9
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	35.8
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	35.4
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	35.2
11439	Sauerkraut, canned, solids and liquids	236	1 cup	34.7
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	34.6
09277	Plantains, raw	179	1 medium	32.9
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	32.8
09302	Raspberries, raw	123	1 cup	32.2
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	32.0
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	31.8
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	31.5
09060	Carambola, (starfruit), raw	91	1 fruit	31.3
09150	Lemons, raw, without peel	58	1 lemon	30.7
11461	Spinach, canned, drained solids	214	1 cup	30.6
09184	Melons, honeydew, raw	170	1 cup	30.6

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11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	30.6
09042	Blackberries, raw	144	1 cup	30.2
09184	Melons, honeydew, raw	160	1/8 melon	28.8
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	28.6
11090	Broccoli, raw	31	1 spear	27.7
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	27.6
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	26.7
11547	Tomato products, canned, puree, without salt added	250	1 cup	26.5
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	26.1
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	26.0
11109	Cabbage, raw	70	1 cup	25.6
09181	Melons, cantaloupe, raw	69	1/8 melon	25.3
19014	Snacks, fruit leather, rolls	21	1 large	25.2
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	25.0
11414	Potato salad, home-prepared	250	1 cup	25.0
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	24.3
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	24.0
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	23.9
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	23.7
09326	Watermelon, raw	286	1 wedge	23.2
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	22.9
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	22.4
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	22.4
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	22.3
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	22.1
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	21.8
11114	Cabbage, savoy, raw	70	1 cup	21.7
09152	Lemon juice, raw	47	juice of 1 lemon	21.6
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	21.2
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	21.0
11672	Potato pancakes	76	1 pancake	20.9
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	20.4
11370	Potatoes, hashed brown, home-prepared	156	1 cup	20.3
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	20.3
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	20.1
11655	Carrot juice, canned	236	1 cup	20.1
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	20.0
11363	Potatoes, baked, flesh, without salt	156	1 potato	20.0
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	19.9
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	19.7
11674	Potato, baked, flesh and skin, without salt	202	1 potato	19.4
11641	Squash, summer, all varieties, raw	113	1 cup	19.2
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	18.9
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	18.8
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	18.8
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	18.8
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	18.8

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05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	18.1
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	18.1
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	17.8
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	17.7
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	17.6
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	17.4
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	17.3
11549	Tomato products, canned, sauce	245	1 cup	17.2
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	17.0
09278	Plantains, cooked	154	1 cup	16.8
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	16.3
19013	Snacks, fruit leather, pieces	28.35	1 oz	15.9
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	15.8
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	15.7
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	15.6
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	15.6
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	15.4
22401	Spaghetti with meat sauce, frozen entree	283	1 package	15.3
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	15.1
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	15.1
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	15.0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	14.6
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	14.1
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	14.1
09050	Blueberries, raw	145	1 cup	14.1
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	13.7
11251	Lettuce, cos or romaine, raw	56	1 cup	13.4
11297	Parsley, raw	10	10 sprigs	13.3
11015	Asparagus, canned, drained solids	72	4 spears	13.2
09040	Bananas, raw	150	1 cup	13.1
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	13.0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	12.4
09326	Watermelon, raw	152	1 cup	12.3
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	12.3
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	12.1
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	12.1
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	12.0
11282	Onions, raw	160	1 cup	11.8
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	11.8
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	11.5
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	11.5
09160	Lime juice, raw	38	juice of 1 lime	11.4
09236	Peaches, raw	170	1 cup	11.2
15157	Mollusks, clam, mixed species, raw	85	3 oz	11.1
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	10.9
19061	Snacks, trail mix, tropical	140	1 cup	10.6
09316	Strawberries, raw	18	1 strawberry	10.6
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	10.6

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09294	Prune juice, canned	256	1 cup	10.5
09340	Pears, asian, raw	275	1 pear	10.5
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	10.4
11424	Pumpkin, canned, without salt	245	1 cup	10.3
09040	Bananas, raw	118	1 banana	10.3
11740	Broccoli, flower clusters, raw	11	1 floweret	10.3
22905	Beef stew, canned entree	232	1 cup	10.2
11943	Pimento, canned	12	1 tbsp	10.2
11253	Lettuce, green leaf, raw	56	1 cup	10.1
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	10.0
11658	Spinach souffle	136	1 cup	9.9
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	9.9
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	9.8
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	9.7
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	9.6
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	9.2
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	9.2
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	9.1
11206	Cucumber, peeled, raw	280	1 large	9.0
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	8.9
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	8.9
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	8.9
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	8.8
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	8.8
11457	Spinach, raw	30	1 cup	8.4
11205	Cucumber, with peel, raw	301	1 large	8.4
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	8.4
21127	Fast foods, coleslaw	99	3/4 cup	8.3
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	8.3
11581	Vegetables, mixed, canned, drained solids	163	1 cup	8.2
11282	Onions, raw	110	1 whole	8.1
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	8.1
11333	Peppers, sweet, green, raw	10	1 ring	8.0
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	8.0
01095	Milk, canned, condensed, sweetened	306	1 cup	8.0
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	7.9
11364	Potatoes, baked, skin, without salt	58	1 skin	7.8
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	7.6
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	7.6
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	7.6
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	7.6
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	7.6
09191	Nectarines, raw	136	1 nectarine	7.3
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	7.3
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	7.3
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	7.3
19422	Snacks, potato chips, reduced fat	28.35	1 oz	7.3

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09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	7.2
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	7.1
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	7.1
09316	Strawberries, raw	12	1 strawberry	7.1
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	7.1
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	7.0
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	7.0
09252	Pears, raw	166	1 pear	7.0
11084	Beets, canned, drained solids	170	1 cup	7.0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	6.9
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	6.9
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	6.7
11124	Carrots, raw	110	1 cup	6.5
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	6.5
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	6.5
09236	Peaches, raw	98	1 peach	6.5
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	6.5
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	6.4
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	6.4
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	6.4
09003	Apples, raw, with skin	138	1 apple	6.3
09279	Plums, raw	66	1 plum	6.3
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	6.2
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	6.2
11081	Beets, cooked, boiled, drained	170	1 cup	6.1
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	6.1
11135	Cauliflower, raw	13	1 floweret	6.0
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	6.0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	6.0
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	6.0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	6.0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	6.0
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	6.0
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	6.0
11226	Jerusalem-artichokes, raw	150	1 cup	6.0
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	6.0
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	6.0
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	6.0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	6.0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	6.0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	6.0
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	6.0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	6.0
16008	Beans, baked, canned, with franks	259	1 cup	6.0
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	5.8
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	5.8

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11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	5.7
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	5.6
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	5.6
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	5.5
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	5.5
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	5.5
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	5.5
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	5.4
19411	Snacks, potato chips, plain, salted	28.35	1 oz	5.3
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	5.2
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	5.1
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	5.0
11399	Potato puffs, frozen, oven-heated	79	10 puffs	5.0
09039	Avocados, raw, Florida	28.35	1 oz	4.9
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	4.9
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	4.8
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	4.8
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	4.8
09070	Cherries, sweet, raw	68	10 cherries	4.8
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	4.7
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	4.7
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	4.6
09340	Pears, asian, raw	122	1 pear	4.6
11012	Asparagus, cooked, boiled, drained	60	4 spears	4.6
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	4.6
15128	Fish, tuna salad	205	1 cup	4.5
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	4.5
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	4.4
09004	Apples, raw, without skin	110	1 cup	4.4
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	4.4
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	4.4
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	4.3
11124	Carrots, raw	72	1 carrot	4.2
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	4.2
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	4.2
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	4.2
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	4.1
11954	Tomatillos, raw	34	1 medium	4.0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	4.0
11128	Carrots, canned, regular pack, drained solids	146	1 cup	3.9
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	3.9
01057	Eggnog	254	1 cup	3.8
11206	Cucumber, peeled, raw	119	1 cup	3.8
09153	Lemon juice, canned or bottled	15.2	1 tbsp	3.8

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11284	Onions, dehydrated flakes	5	1 tbsp	3.8
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	3.7
11143	Celery, raw	120	1 cup	3.7
15141	Crustaceans, crab, blue, canned	135	1 cup	3.6
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	3.6
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	3.6
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	3.6
18320	Pie, lemon meringue, commercially prepared	113	1 piece	3.6
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.6
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	3.6
21083	Fast foods, taco salad	198	1-1/2 cups	3.6
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	3.5
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	3.5
09021	Apricots, raw	35	1 apricot	3.5
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	3.5
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	3.5
21082	Fast foods, taco	263	1 large	3.4
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	3.4
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	3.4
09298	Raisins, seedless	145	1 cup	3.3
11213	Endive, raw	50	1 cup	3.3
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	3.2
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	3.2
01013	Cheese, cottage, creamed, with fruit	226	1 cup	3.2
18305	Pie, blueberry, commercially prepared	117	1 piece	3.2
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	3.1
22904	Chili con carne with beans, canned entree	222	1 cup	3.1
01097	Milk, canned, evaporated, nonfat	256	1 cup	3.1
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	3.1
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	3.0
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	3.0
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	2.9
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	2.9
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	2.9
11205	Cucumber, with peel, raw	104	1 cup	2.9
05277	Chicken, canned, meat only, with broth	142	5 oz	2.8
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	2.8
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	2.8
11457	Spinach, raw	10	1 leaf	2.8
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	2.8
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	2.8
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	2.8
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	2.7
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	2.7
21119	Fast foods, hotdog, with chili	114	1 sandwich	2.7
11001	Alfalfa seeds, sprouted, raw	33	1 cup	2.7

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	2.7
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	2.7
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	2.7
21015	Fast foods, danish pastry, cheese	91	1 pastry	2.6
18327	Pie, pumpkin, prepared from recipe	155	1 piece	2.6
18302	Pie, apple, prepared from recipe	155	1 piece	2.6
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	2.6
11961	Hearts of palm, canned	33	1 piece	2.6
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	2.6
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	2.6
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	2.5
09038	Avocados, raw, California	28.35	1 oz	2.5
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	2.5
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	2.4
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	2.4
11251	Lettuce, cos or romaine, raw	10	1 leaf	2.4
21033	Fast foods, sundae, hot fudge	158	1 sundae	2.4
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	2.3
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	2.3
09055	Blueberries, frozen, sweetened	230	1 cup	2.3
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	2.3
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	2.3
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	2.3
11935	Catsup	15	1 tbsp	2.3
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	2.3
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	2.3
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	2.2
21082	Fast foods, taco	171	1 small	2.2
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	2.2
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	2.2
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	2.1
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	2.1
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	2.1
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	2.1
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	2.1
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	2.0
06166	Sauce, homemade, white, medium	250	1 cup	2.0
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	1.9
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	1.9
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1.9
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.8
21088	Tostada with guacamole	130.5	1 tostada	1.8
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	1.8
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	1.8
18309	Pie, cherry, prepared from recipe	180	1 piece	1.8
11253	Lettuce, green leaf, raw	10	1 leaf	1.8

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11081	Beets, cooked, boiled, drained	50	1 beet	1.8
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.8
19297	Jams and preserves	20	1 tbsp	1.8
11156	Chives, raw	3	1 tbsp	1.7
19097	Sherbet, orange	74	1/2 cup	1.7
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.7
02009	Spices, chili powder	2.6	1 tsp	1.7
18444	Pie, fried pies, cherry	128	1 pie	1.7
18319	Pie, fried pies, fruit	128	1 pie	1.7
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	1.7
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.6
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.6
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.6
02029	Spices, parsley, dried	1.3	1 tbsp	1.6
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	1.5
21042	Fast foods, chili con carne	253	1 cup	1.5
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	1.5
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.5
21077	Fast foods, frijoles with cheese	167	1 cup	1.5
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	1.5
02028	Spices, paprika	2.1	1 tsp	1.5
12104	Nuts, coconut meat, raw	45	1 piece	1.5
11260	Mushrooms, white, raw	70	1 cup	1.5
01164	Cheese sauce, prepared from recipe	243	1 cup	1.5
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	1.4
11028	Bamboo shoots, canned, drained solids	131	1 cup	1.4
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	1.4
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.4
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	1.4
14346	Shake, fast food, chocolate	333	16 fl oz	1.3
06094	Soup, onion, dry, mix	39	1 packet	1.3
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	1.3
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	1.3
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	1.3
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.3
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	1.3
09011	Apples, dried, sulfured, uncooked	32	5 rings	1.2
02055	Horseradish, prepared	5	1 tsp	1.2
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.2
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	1.2
11143	Celery, raw	40	1 stalk	1.2
09254	Pears, canned, juice pack, solids and liquids	76	1 half	1.2
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	1.2
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.2
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	1.2
15111	Fish, swordfish, cooked, dry heat	106	1 piece	1.2
09081	Cranberry sauce, canned, sweetened	57	1 slice	1.1
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	1.1

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	1.1
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	1.1
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	1.1
18308	Pie, cherry, commercially prepared	117	1 piece	1.1
11282	Onions, raw	14	1 slice	1.0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	1.0
18306	Pie, blueberry, prepared from recipe	147	1 piece	1.0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	1.0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	1.0
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	1.0
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	1.0
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.0
11084	Beets, canned, drained solids	24	1 beet	1.0
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	1.0
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	1.0
21074	Fast foods, enchilada, with cheese	163	1 enchilada	1.0
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	1.0
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	1.0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1.0
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.0
11215	Garlic, raw	3	1 clove	0.9
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.9
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.9
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.9
11935	Catsup	6	1 packet	0.9
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.9
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.9
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.9
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.9
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.9
19087	Candies, white chocolate	170	1 cup	0.9
02045	Dill weed, fresh	1	5 sprigs	0.9
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.9
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.8
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.8
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.8
11677	Shallots, raw	10	1 tbsp	0.8
19088	Ice creams, vanilla, light	66	1/2 cup	0.8
11955	Tomatoes, sun-dried	2	1 piece	0.8
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.8
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.8
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.8
02027	Spices, oregano, dried	1.5	1 tsp	0.8
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.7
09087	Dates, deglet noor	178	1 cup	0.7

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.7
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.7
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.7
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.7
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.7
11429	Radishes, raw	4.5	1 radish	0.7
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.7
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	0.7
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.7
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.6
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.6
18005	Bagels, cinnamon-raisin	89	4" bagel	0.6
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.6
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.6
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.6
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.6
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.6
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.6
18003	Bagels, egg	89	4" bagel	0.5
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.5
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.5
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.5
02020	Spices, garlic powder	2.8	1 tsp	0.5
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.5
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.5
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.5
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.5
19270	Ice creams, chocolate	66	1/2 cup	0.5
09094	Figs, dried, uncooked	38	2 figs	0.5
07008	Bologna, beef and pork	56.7	2 slices	0.5
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0.5
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.4
02030	Spices, pepper, black	2.1	1 tsp	0.4
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.4
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.4
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.4
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	0.4
18003	Bagels, egg	71	3-1/2" bagel	0.4
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.4
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.4
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.4
19095	Ice creams, vanilla	66	1/2 cup	0.4
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.4
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.4
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.4
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.4
02007	Spices, celery seed	2	1 tsp	0.3

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.3
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.3
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.3
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.3
09298	Raisins, seedless	14	1 packet	0.3
21139	Fast foods, potato, mashed	80	1/3 cup	0.3
18147	Cheesecake commercially prepared	80	1 piece	0.3
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0.3
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.3
02026	Spices, onion powder	2.1	1 tsp	0.3
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.3
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.3
11445	Seaweed, kelp, raw	10	2 tbsp	0.3
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.3
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.3
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	0.3
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.3
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1serving (3 T dry cereal plu	0.3
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.3
11960	Carrots, baby, raw	10	1 medium	0.3
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.3
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.3
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.3
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.3
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.3
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.3
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.3
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.3
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.3
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.3
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.2
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.2
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	0.2
18325	Pie, pecan, prepared from recipe	122	1 piece	0.2
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.2
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.2
06174	Soup, stock, fish, home-prepared	233	1 cup	0.2
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.2
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.2
02015	Spices, curry powder	2	1 tsp	0.2
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.2
12147	Nuts, pine nuts, dried	28.35	1 oz	0.2
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.2
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.2
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	0.2

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.2
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.2
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.2
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.2
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.2
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.2
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.2
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.2
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.2
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.2
07064	Pork sausage, fresh, cooked	27	1 patty	0.2
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.2
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.2
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.2
07064	Pork sausage, fresh, cooked	26	2 links	0.2
18268	French toast, frozen, ready-to-heat	59	1 slice	0.2
19300	Jellies	19	1 tbsp	0.2
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.2
09087	Dates, deglet noor	41.5	5 dates	0.2
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.2
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.2
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.2
11945	Pickle relish, sweet	15	1 tbsp	0.2
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.1
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	0.1
19041	Snacks, pork skins, plain	28.35	1 oz	0.1
19071	Candies, carob, unsweetened	28.35	1 oz	0.1
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.1
01049	Cream, fluid, half and half	15	1 tbsp	0.1
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.1
21023	Fast foods, french toast with butter	135	2 slices	0.1
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.1
18060	Bread, rye	32	1 slice	0.1
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	0.1
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.1
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.1
01132	Egg, whole, cooked, scrambled	61	1 large	0.1
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.1
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.1
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.1
18057	Bread, reduced-calorie, white	23	1 slice	0.1
18239	Croissants, butter	57	1 croissant	0.1
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.1
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.1
06150	Sauce, barbecue	15.75	1 tbsp	0.1
01056	Cream, sour, cultured	12	1 tbsp	0.1
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.1

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.1
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.1
19296	Honey	21	1 tbsp	0.1
19294	Fruit butters, apple	17	1 tbsp	0.1
21118	Fast foods, hotdog, plain	98	1 sandwich	0.1
18048	Bread, raisin, toasted, enriched	24	1 slice	0.1
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.1
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.1
18053	Bread, reduced-calorie, rye	23	1 slice	0.1
01052	Cream, fluid, light whipping	15	1 tbsp	0.1
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.1
02010	Spices, cinnamon, ground	2.3	1 tsp	0.1
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.1
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.1
04133	Salad dressing, french, home recipe	14	1 tbsp	0.1
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.1
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.1
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.1
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.1
18040	Bread, oatmeal, toasted	25	1 slice	0.1
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.1
18245	Danish pastry, cheese	71	1 danish	0.1
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.1
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.1
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.1
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.1
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.1
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.1
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.1
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.1
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.1
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.1
18064	Bread, wheat	25	1 slice	0.1
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.1
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.1
18061	Bread, rye, toasted	24	1 slice	0.0
18170	Cookies, fig bars	16	1 cookie	0.0
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.0
18065	Bread, wheat, toasted	23	1 slice	0.0
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.0
19074	Candies, caramels	10.1	1 piece	0.0
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.0
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.0
14181	Chocolate syrup	18.75	1 tbsp	0.0
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	0.0
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.0
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.0
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.0
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.0
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.0
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.0
18047	Bread, raisin, enriched	26	1 slice	0.0
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.0
18055	Bread, reduced-calorie, wheat	23	1 slice	0.0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.0
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.0
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.0
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.0
16055	Carob flour	8	1 tbsp	0.0
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.0
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.0
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.0
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.0
04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.0
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.0
18226	Crackers, rye, wafers, plain	11	1 wafer	0.0
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.0
04128	Margarine-like spread, (approximately 37% fat), unspecified oils	4.8	1 tsp	0.0
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.0
04613	Margarine, margarine-like vegetable oil spread, 60% fat, tub	4.8	1 tsp	0.0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.0
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.0
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	0.0
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.0
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.0
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.0
07073	Sandwich spread, pork, beef	15	1 tbsp	0.0
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.0
07072	Salami, dry or hard, pork, beef	20	2 slices	0.0
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.0
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.0
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.0
22247	Macaroni and Cheese, canned entree	252	1 cup	0.0
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.0
18372	Leavening agents, baking soda	4.6	1 tsp	0.0
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.0
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.0
18360	Taco shells, baked	13.3	1 medium	0.0
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.0
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.0
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.0
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.0
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.0
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.0
18353	Rolls, hard (includes kaiser)	57	1 roll	0.0
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
18373	Leavening agents, cream of tartar	3	1 tsp	0.0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.0
01143	Egg substitute, liquid	62.75	1/4 cup	0.0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbs	0.0
19036	Snacks, popcorn, cakes	10	1 cake	0.0
19034	Snacks, popcorn, air-popped	8	1 cup	0.0
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.0
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.0
01111	Milk shakes, thick vanilla	313	11 fl oz	0.0
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.0
01123	Egg, whole, raw, fresh	50	1 large	0.0
01123	Egg, whole, raw, fresh	44	1 medium	0.0
01123	Egg, whole, raw, fresh	58	1 extra large	0.0
01124	Egg, white, raw, fresh	33.4	1 large	0.0
01125	Egg, yolk, raw, fresh	16.6	1 large	0.0
01128	Egg, whole, cooked, fried	46	1 large	0.0
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.0
02047	Salt, table	6	1 tsp	0.0
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.0
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbs	0.0
04021	Salad dressing, italian dressing, reduced fat	15	1 tbs	0.0
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbs	0.0
04002	Lard	12.8	1 tbs	0.0
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.0
02048	Vinegar, cider	15	1 tbs	0.0
01131	Egg, whole, cooked, poached	50	1 large	0.0
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.0
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.0
01186	Cheese, cream, fat free	15.6	1 tbs	0.0
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.0
01145	Butter, without salt	14.2	1 tbs	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.0
02050	Vanilla extract	4.2	1 tsp	0.0
01036	Cheese, ricotta, whole milk	246	1 cup	0.0
01004	Cheese, blue	28.35	1 oz	0.0
01007	Cheese, camembert	38	1 wedge	0.0
01009	Cheese, cheddar	28.35	1 oz	0.0
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.0
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.0
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.0
01017	Cheese, cream	14.5	1 tbsp	0.0
01019	Cheese, feta	28.35	1 oz	0.0
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.0
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.0
01030	Cheese, muenster	28.35	1 oz	0.0
01031	Cheese, neufchatel	28.35	1 oz	0.0
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.0
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.0
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.0
01072	Dessert topping, pressurized	4	1 tbsp	0.0
01069	Cream substitute, powdered	2	1 tsp	0.0
01032	Cheese, parmesan, grated	5	1 tbsp	0.0
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.0
01035	Cheese, provolone	28.35	1 oz	0.0
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.0
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.0
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.0
01040	Cheese, swiss	28.35	1 oz	0.0
01037	Cheese, ricotta, part skim milk	246	1 cup	0.0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.0
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.0
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.0
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.0
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.0
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.0
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.0
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.0
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.0
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.0
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.0
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.0
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.0
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.0
07028	Ham, sliced, extra lean	56.7	2 slices	0.0
07027	Ham, chopped, not canned	21	2 slices	0.0
07024	Frankfurter, chicken	45	1 frank	0.0
07023	Frankfurter, beef and pork	45	1 frank	0.0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.0
07017	Chicken roll, light meat	56.7	2 slices	0.0
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.0
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.0
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.0
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.0
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.0
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.0
05286	Turkey and gravy, frozen	142	5-oz package	0.0
07022	Frankfurter, beef	45	1 frank	0.0
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.0
04582	Oil, vegetable, canola	14	1 tbsp	0.0
23605	Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.0
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.0
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.0
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.0
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.0
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.0
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.0
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.0
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.0
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.0
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.0
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.0
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.0
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.0
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.0
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.0
07069	Salami, cooked, beef and pork	56.7	2 slices	0.0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.0
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.0
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.0
01001	Butter, salted	14.2	1 tbsp	0.0
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.0
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.0
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.0
19089	Ice creams, vanilla, rich	74	1/2 cup	0.0
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.0
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.0
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.0
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.0
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.0
13350	Beef, cured, dried	28.35	1 oz	0.0
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.0
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.0
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.0
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.0
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.0
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.0
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.0
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.0
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.0
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.0
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.0
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.0
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.0
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.0
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.0
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	0.0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
16112	Miso	68.75	1 cup	0.0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.0
14142	Carbonated beverage, grape soda	372	12 fl oz	0.0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.0
19107	Candies, hard	3	1 small piece	0.0
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
16158	Hummus, commercial	14	1 tbsp	0.0
19129	Syrups, table blends, pancake	20	1 tbsp	0.0
19108	Candies, jellybeans	28.35	10 large	0.0
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.0
19116	Candies, marshmallows	50	1 cup	0.0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.0
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.0
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.0
19107	Candies, hard	6	1 piece	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.0
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.0
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.0
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.0
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.0
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.0
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.0
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.0
14121	Carbonated beverage, club soda	355	12 fl oz	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.0
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.0
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.0
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.0
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.0
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.0
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.0
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.0
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.0
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.0
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.0
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.0
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.0
14150	Carbonated beverage, orange	372	12 fl oz	0.0
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.0
14157	Carbonated beverage, root beer	370	12 fl oz	0.0
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.0
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.0
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.0
19080	Candies, semisweet chocolate	168	1 cup	0.0
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.0
16051	Beans, white, mature seeds, canned	262	1 cup	0.0
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.0
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.0
14429	Water, tap, municipal	237	8 fl oz	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.0
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.0
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.0
14347	Shake, fast food, vanilla	333	16 fl oz	0.0
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.0
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.0
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.0
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.0
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.0
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.0
18177	Cookies, molasses	15	1 cookie, medium	0.0
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.0
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.0
19353	Syrups, maple	20	1 tbsp	0.0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21024	Fast foods, french toast sticks	141	5 sticks	0.0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.0
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.0
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.0
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.0
18134	Cake, sponge, prepared from recipe	63	1 piece	0.0
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.0
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.0
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.0
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.0
20113	Noodles, chinese, chow mein	45	1 cup	0.0
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.0
20110	Noodles, egg, cooked, enriched	160	1 cup	0.0
20100	Macaroni, cooked, enriched	140	1 cup	0.0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.0
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.0
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.0
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.0
22120	MORNINGSTAR FARMS Grillers Recipe Crumbles, frozen, unprepared	110	1 cup	0.0
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.0
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.0
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.0
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.0
18283	Muffins, oat bran	57	1 muffin	0.0
18279	Muffins, corn, commercially prepared	57	1 muffin	0.0
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.0
18243	Croutons, seasoned	40	1 cup	0.0
21129	Fast foods, hush puppies	78	5 pieces	0.0
18235	Crackers, whole-wheat	16	4 crackers	0.0
18232	Crackers, wheat, regular	8	4 crackers	0.0
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.0
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.0
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.0
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.0
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.0
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	0.0
18229	Crackers, standard snack-type, regular	12	4 crackers	0.0
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.0
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.0
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.0
18214	Crackers, cheese, regular	10	10 crackers	0.0
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.0
18217	Crackers, matzo, plain	28.35	1 matzo	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18220	Crackers, melba toast, plain	20	4 pieces	0.0
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.0
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	0.0
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.0
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.0
20006	Barley, pearled, cooked	157	1 cup	0.0
20005	Barley, pearled, raw	200	1 cup	0.0
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.0
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.0
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.0
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled	37	1 bar	0.0
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.0
18045	Bread, pumpernickel, toasted	29	1 slice	0.0
18044	Bread, pumpernickel	32	1 slice	0.0
20011	Buckwheat flour, whole-groat	120	1 cup	0.0
11264	Mushrooms, canned, drained solids	156	1 cup	0.0
18324	Pie, pecan, commercially prepared	113	1 piece	0.0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.0
19334	Sugars, brown	3.2	1 tsp	0.0
18041	Bread, pita, white, enriched	28	4" pita	0.0
19336	Sugars, powdered	8	1 tbsp	0.0
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.0
18025	Bread, cracked-wheat	25	1 slice	0.0
18027	Bread, egg	40	1/2" slice	0.0
19350	Syrups, corn, light	20	1 tbsp	0.0
18033	Bread, italian	20	1 slice	0.0
18039	Bread, oatmeal	27	1 slice	0.0
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.0
19335	Sugars, granulated	4.2	1 tsp	0.0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.0
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.0
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.0
20089	Wild rice, cooked	164	1 cup	0.0
20084	Wheat flour, white, cake, enriched	137	1 cup	0.0
20083	Wheat flour, white, bread, enriched	137	1 cup	0.0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.0
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.0
20080	Wheat flour, whole-grain	120	1 cup	0.0
20068	Tapioca, pearl, dry	152	1 cup	0.0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.0
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.0
20027	Cornstarch	8.064	1 tbsp	0.0
18086	Cake, angelfood, commercially prepared	28	1 piece	0.0
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.0
20012	Bulgur, dry	140	1 cup	0.0
20013	Bulgur, cooked	182	1 cup	0.0
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.0
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.0
20028	Couscous, dry	173	1 cup	0.0
20029	Couscous, cooked	157	1 cup	0.0
20033	Oat bran, raw	94	1 cup	0.0
20034	Oat bran, cooked	219	1 cup	0.0
20037	Rice, brown, long-grain, cooked	195	1 cup	0.0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.0
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.0